



The Journal

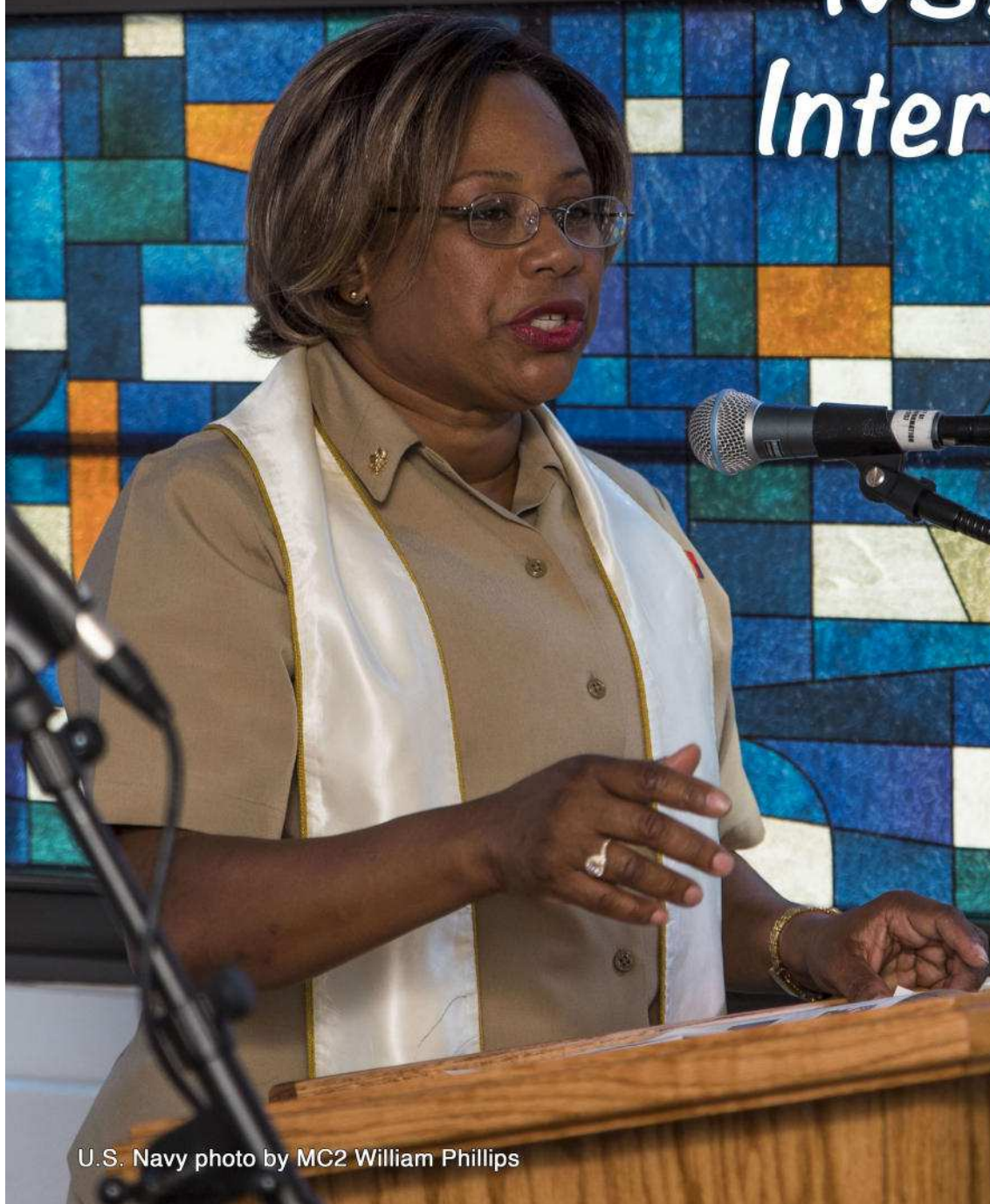
Vol. 29

No. 41

www.dcmilitary.com/journal/

October 12, 2017

NSAB Opens Interfaith Center



U.S. Navy photo by MC2 William Phillips



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Puerto Rico Response Continues With More Than 13,000 Personnel

By Cheryl Pellerin
DoD News, Defense
Media Activity

The Defense Department continues to respond to deadly hurricane damage in Puerto Rico, with 13,229 personnel now on the island and medical support operations ongoing aboard the Navy hospital ship USNS Comfort near San Juan, Pentagon spokesman Army Lt. Col. Jamie Davis reported today.

Sailors transfer supplies from helicopter.

Sailors deliver supplies from an MH-53E Sea Dragon helicopter during relief efforts in Puerto Rico, Oct. 5, 2017. Navy photo by Petty Officer 3rd Class Michael Molina

DoD response efforts in Puerto Rico and the U.S. Virgin Islands continue to focus on temporarily restoring power; distributing power generators and food, water and fuel; and expanding the distribution network, he said.

Response efforts also include medical support, route clearance, aviation support, planning support to the Federal Emergency Management Agency, and support of the Army Corps of Engineers’ repair of Guajataca Dam, Davis said.

On the Ground in Puerto Rico

The first priority of Puerto Rico Gov. Ricardo Rossello



U.S. NAVY PHOTO BY PO2 STEPHANE BELCHER

Navy Lt. j.g. Shiju SantaNivas treats a patient aboard the Military Sealift Command hospital ship USNS Comfort in San Juan, Puerto Rico, Oct. 4, 2017. The ship is providing humanitarian assistance throughout the area. SantaNivas is an intensive care nurse assigned to Walter Reed National Military Medical Center.

and FEMA is to restore power, Davis said. The Army Corps of Engineers will work on power restoration in from San Juan east, and the Puerto Rico Electric Power Authority will work on the western two-thirds of Puerto Rico. Power restoration crews continue to arrive on the island, he said.

Other priorities are hospitals and communication, with an increased focus on isolated regions, the spokesman said. DoD is executing a strategic plan to support these communities and ensure their needs are being met, he added.

The governor is implementing

a plan to assign the Puerto Rico National Guard, augmented by the territorial militia, to support local leaders in each of the island’s 78 municipalities to ensure that more commodities — including food, water and fuel — are pushed to those in need, Davis said.

FEMA has verified that telecommunications and radio connectivity are operational for all hospitals and police stations, Davis said. Sixty-five of 67 hospitals are open — 36 on the power grid and 29 on generator power — and 43 of 48 dialysis centers are operating.

Bethesda Notebook

Staff Flu Vaccine

Walter Reed National Military Medical Center is administering the flu vaccine for staff members only through Oct. 20 from 6 a.m. to 5 p.m. Monday through Friday in Bldg. 8, second floor, near medical records. A common access card is required to receive the vaccine, and no appointment is necessary.

Navy Birthday Meal

Patrons will be able to purchase a special meal Oct. 13 in Café 8901, the hospital’s dining facility, in observance of the Navy’s 242nd birthday. The meal will be available from 11 a.m. to 2 p.m. and include rib-eye steak, crab legs, glazed Rock Cornish hens, mac and cheese, rice pilaf, Navy bean soup, clam chowder, pineapple upside-down cake, cheese cake and other offerings.

Breast Cancer Awareness

In observance of Breast Cancer Awareness Month in October, there will be a Breast Cancer Awareness Day event Oct. 18 from 9:30 a.m. to noon in the America Building (Bldg. 19), Great Lakes Conference Room (2525). The event will include discussions concerning survivorship, sexual health, mind/body medicine, nutrition and tips for caregivers. On Oct. 19, there will be a Breast Cancer Summit from 8 a.m. to noon in the same location. Speakers will address current research in the fields of pathology, radiology, radiation oncology, physical therapy and surgical oncology.

NPDS Seeking Root Canal Patients

The Endodontics Department at the Naval Postgraduate Dental School is accepting new patients in need of root canal treatment by our residents. Patients authorized to be treated in our facility are active duty military, military retirees, and eligible family members (priority will be given to active duty personnel). A written referral for root canal treatment from your dentist may be required before treatment is started. Permanent fillings or crowns required following the root canal will be the patient’s responsibility. Please contact the NPDS Endodontics front desk at 301-295-0077 or 301-295-1830.

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PHOTO BY MC2 WILLIAM PHILLIPS

Capt. James Pittman, chief of pastoral care at Walter Reed National Military Medical Center, leads the reading of the dedication litany of the Naval Support Activity Bethesda Interfaith Center.

NSAB Dedicates Interfaith Center

**By Andrew Damstedt
The Journal**

With prayers, singing and a dedication message, Naval Support Activity Bethesda (NSAB) officially opened its Interfaith Center Oct. 5 as a place for all.

"I'm very glad that you called it an Interfaith center," said Capt. Roosevelt Brown, chief of Pastoral Care at Ft. Belvoir Community Hospital in his dedication message. "It's important to say that it's not dedicated just for one group. It really is open to all."

The NSAB Interfaith Center is located in Bldg. 11 with the worship room on the first floor and the chaplain's office in the basement.

"I like the idea that it's not set aside from everywhere else," Brown said. "It's in the building where people work and they hang out and they come, and now they get a chance to get replenished."

The Fleet and Family Service Center, Navy Marine Corps Relief Society, Army Emergency Relief, Veteran's Affairs, Warrior Transition Brigade, Military Family Life Center and Wounded Warrior Safe Harbor are all located in the same building.

"We're so grateful that this will now be added in addition to those services that we already



PHOTO BY MC2 WILLIAM PHILLIPS

Calvin Daniels, Public Works Department Bethesda performance assessment rep, played the piano during the Naval Support Activity Bethesda Interfaith Center dedication.

have," NSAB Commanding Officer Capt. Marvin L. Jones said. "It's apropos, it's so right and fitting that it's in this building because this encompasses all those resources for the folks who come to us for help."

Jones thanked NSAB Chaplain Lt. Cmdr. Christilene Whalen for envisioning how to use this space, which he said months ago no group wanted to use.

"Through the vision of Chaplain Whalen who

walked through and said 'I see an office, I see a conference room, I see a prayer space, I see a place to worship,'" he said. "I didn't see that, I have to admit But she had a vision, God put it on her heart a vision to make this a place to meet the needs of the people who visit this installation."

Some of the programs planned for the Interfaith Center are Monday Mass Catholic worship, "Worship on Wednesdays" Protestant service, Buddhist Worship and prayers, Muslim daily prayers, and Bible study groups, among other uses.

"In the Interfaith Center we are here, we're all one," Whalen said. "In God's family we all believe differently, we all breathe, we all have blood, we all bleed, so hopefully we can all love one another a little bit more ... that we all are supposed to love one another no matter who we are. We're supposed to embrace each other and appreciate our diversity."

Whalen thanked all those who contributed to transform the space into a usable area in a short amount of time.

"Today, the Religious Ministry, Chaplain Whalen and (Religious Specialist 3rd Class) Heath Steffey has taken this command to the next level of excellence by providing a home of spiritual growth and wellness for everyone," said NSAB Senior Chief Detrick Jones, senior enlisted leader.

NASA Leaders Share Experiences with WRNMMC Staff

*First Leadership Grand Rounds
Focuses on Enhancing Culture
of Safety and Quality*

By Bernard S. Little
WRNMMC Command
Communications

Walter Reed Bethesda hosted its first Leadership Grand Rounds featuring top officials from NASA Goddard Space Flight Center, Oct. 3 in the medical center's Memorial Auditorium.

The director and other heads of various divisions within the NASA Goddard Space Flight Center, located in Greenbelt, Maryland, addressed their experiences of developing and sustaining a culture of safety during their discussion with the Walter Reed National Military Medical Center staff.

Navy Cmdr. (Dr.) Satyen Gada, president of WRNMMC's Medical Staff, said having the NASA leaders share their experiences with the WRNMMC staff offers "valuable insight into how Walter Reed Bethesda can further uphold its commitment to high reliability health-care delivery." He stated NASA leaders are also seeking to empower their workforce at every level by building trust and safety reporting, while also avoiding complacency and maintaining a safety culture. "NASA has proven itself to be an innovative force in quality and safety," he added.

Navy Capt. (Dr.) Mark A. Kobelja, WRNMMC director, agreed, stating he hopes the event will be the first in a series of open forums in understanding how the medical center achieves and maintains "best possible care in an emerging, very technologically-driven, modern-era of medicine."

The WRNMMC director stated NASA leaders kicking off the forum series is appropriate because NASA meets the challenges of "wrestling with the human factor in a high risk environment."

Like medicine, Kobelja said aeronautics and space [exploration] have come a long way. "I think we have a lot to learn from our partners," he added.

"We like to talk about ourselves at NASA," said Richard Barney, director of Safety and Mission Assurance for the agency's Goddard Space Flight Center. "We like to talk about our successes, but more importantly, we like to talk about our failures, root causes, [and] remain sensitive to our mistakes."

Barney explained this helps NASA



PHOTO BY BERNARD S. LITTLE

From left, Paul Richards, Dr. Christopher Scolese, Richard Barney and Dr. Edward Rogers, leaders from NASA's Goddard Space Flight Center, answer questions regarding their mission and goals and what it is like to trust NASA's safety culture, during Walter Reed National Military Medical Center's first Leadership Grand Rounds Oct. 3 at Walter Reed Bethesda.

avoid complacency and is part of the agency's safety culture. "We have to battle complacency, as well as normalization of deviance [in which people within the organization become so much accustomed to a deviant behavior that they don't consider it as deviant], and attitudes such as 'We don't do it that way,' or 'We've always done it that way.'"

"Our safety culture is in our DNA," Barney furthered, explaining this culture includes the focuses of: reporting (concerns); just (treating each other fairly); flexibility (changing to meet new demands); learning (from successes and mistakes); and engagement (everyone does their part).

"We need our people 100 percent engaged and thinking about what they're doing at all times," agreed "Dr. Edward Rogers, chief knowledge officer at NASA Goddard Space Flight Center. He explained complacency sets in when people are not focused, and people establish their own rules that may not work best within the system. "Small mistakes can creep in and cause big disasters," he added, citing the tragedies of the space shuttles Challenger and Columbia.

"We work very hard to make [mistakes] minimal, but when people

come up with their own rules or they stop thinking all together, the whole system is at risk," Rogers added.

"We need to make sure we know what happened when things go wrong, and keep those things in front of us. We also have to make sure we understand why we're successful, when we're successful," Rogers furthered. "We never want people to stop asking questions," he continued.

Former astronaut Paul Richards, a project manager at Goddard, discussed "organizational silence," which he described as saying or doing little in response to an issue an organization faces, which can result in harm.

Sharing a personal story, Richards, who flew aboard the space shuttle mission in 2001, explained how he nearly lost his leg following a cancer diagnosis and two doctors recommended amputation. He got a third opinion based upon another doctor choosing not to be silent. "I am so glad that he spoke out and trusted his gut," said Richards, who explained that by the third doctor speaking up, Richard's leg was saved.

Communication is critical to the success of WRNMMC and NASA, said Dr. Christopher J. Scolese, director of the NASA Goddard Space Flight

Center. "Our failures are generally due to a lack of communication, [and] communication isn't just me talking to you or you talking somebody else; it's also everybody listening, [whether] it's to your peers or to other people within the organization."

Scolese added that like NASA, WRNMMC is a high performing organization with processes and procedures, and complacency must be avoided at all levels. He explained open communication and planning help avoid complacency. "Speaking up is not bad...being reviewed is not bad. They are a part of how we can become successful."

From 2011 to 2016, NASA has been successful in being named the "Best Place to Work" among large federal agencies within the government. Last year, Goddard was named the "Best Place to Work" within NASA. The rankings are compiled from an employee satisfaction survey administered to more than 100,000 federal employees by the U.S. Office of Personnel Management annually. Among other issues, the survey seeks federal employees' sentiments concerning leadership, workplace satisfaction, pay, innovation and work-life balance at the agencies where they work.

WRNMMC Nutrition Services Department Undergoes Leadership Transition

By A.J. Simmons
WRNMMC Command Communications

The Nutrition Services Department (NSD) at Walter Reed National Military Medical Center underwent a transition of leadership in August, welcoming six new service members to their team. Army Lt. Col. Asma Bukhari, Army Maj. Ericka Cisco, Army Maj. Joetta Khan, Navy Senior Chief Vaundas Bostic, Army 1st Lt. Carl Barnes and Navy Petty Officer 1st Class Ruben Muletpons all assumed new roles within the leadership of the NSD.

“NSD is a complex section with a number of underlying roles and contributions,” explained Khan, who assumed the role of chief of education and research in the NSD. “Most notably is our role in providing all meal services for our patients and their family members when they are here as inpatients and also in our Galley (Café 8901).”

Khan elaborated that through the provision of high-quality, nutritious meals, her department supports both the morale and the health of patients, visitors and staff, alike.

However, dining services are not the only provision of the NSD. According to Khan, the department offers education and training regarding healthy nutrition and features a patient care team that assesses and treats complex patient issues. The department also hosts multiple classes for nutrition-related concerns,



PHOTO BY A.J. SIMMONS

The new leadership team in the Nutrition Services Department at Walter Reed National Military Medical Center includes (from left) Army Lt. Col. Asma Bukhari, Navy Petty Officer 1st Class Ruben Muletpons, Army Maj. Ericka Cisco, and Navy Senior Chief Vaundas Bostic.

such as healthy weight, heart health, pregnancy and iron deficiency, among many others.

“I feel our main mission is to lead military health care in providing highly efficient, accountable and patient-friendly nutrition services for all we are privileged to serve,” added Bostic, the senior enlisted leader for the NSD. He pointed out that this can be accomplished through four points: “providing nutritious, wholesome and tasty foods that enhance health and fitness; maximizing patient outcomes using evidence-based

nutrition care; developing tomorrow’s leaders in military medicine; and pursuing innovative research that advances nutrition practices.”

“I feel the ultimate goal, however, is to link the chains in the relationship of life factors, environment and human choice to promote a healthier force, staff and enhance the lives of our patients,” said Khan.

Bukhari, director of the NSD, elaborated on the short-term and long-term goals she has for her department. Among her short-term goals, she noted that the strengthening of internal processes and meeting the complex nutritional needs of inpatients are among the most important. Meanwhile, her long-term goals for the department include the transformation of operations to promote nutrition education and reinforce healthy behaviors, as well as the growth of the department’s research portfolio to “embrace evidence-based practices and enable best health outcomes.”

Cisco, the chief of food operations, emphasized her confidence in the NSD staff to help accomplish these goals, saying, “We have a great team that works hard to push out thousands of meals to patients and staff daily. Communication, safety and teamwork are essential to our operations, and we strive to improve upon our processes daily.”

Cisco also thanked those who dine with the NSD

See **TRANSITION**
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EXTRAORDINARY STORIES BEYOND THE FRONT LINE

Norma Lasher found her love for art overseas during one of her more than 35 family moves while her husband, Wendall Lasher was serving in the United States Air Force. Those journeys inspire much of the beautiful artwork that fills her apartment and now graces our halls. Hers is but one chapter in our amazing collection of patriots and heroes.

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Adolescents, Young Adults with Cancer

Helping to Care for the Youngest Warriors

By Bernard S. Little
WRNMMC Command Communications

In March, Navy Petty Officer 3rd Class Raven Thomas, 21, was diagnosed with Stage 3 Burkitt leukemia, a cancer that may start in the lymph nodes as Burkitt lymphoma and then spread to the blood and bone marrow, or it may start in the blood and bone marrow without involvement of the lymph nodes.

The young Sailor said she had been experiencing hot flashes and pain through her legs, which led her to the hospital.

“Scared,” Thomas said was her reaction upon finding out her diagnosis. “I didn’t want to leave my new home overseas. I wanted my parents more than anything.”

Thomas received six months of chemotherapy at Walter Reed National Military Medical Center, and said the most challenging aspect of her treatment was “the adjustment to being in a hospital constantly,” and relying on others to take care of her.

“My parents had to leave their jobs for periods of time, and it was a very hard adjustment for my entire family. We had more support than anything in the world by our family,” Thomas added.

Since July, Thomas’ cancer has been in remission. “I’m doing great, feeling strong and determined,” said the Fairhope, Alabama native.

“I was very lucky in my remission and will be returning to active duty in the next few months,” added Thomas, a military police.

“The best thing to do with something like this is to take it day by day,” Thomas continued. “The hard times will come and go but they will always end. Stick to your family and keep your support system close because they are the biggest impact on recovery or dealing with treatment. Crying and being emotional is a normal feeling and letting it out is a relieving feeling, and it needs to be done more than usual.

“If there is anything I would say about my experience so far [is] I had the absolute best doctors in the

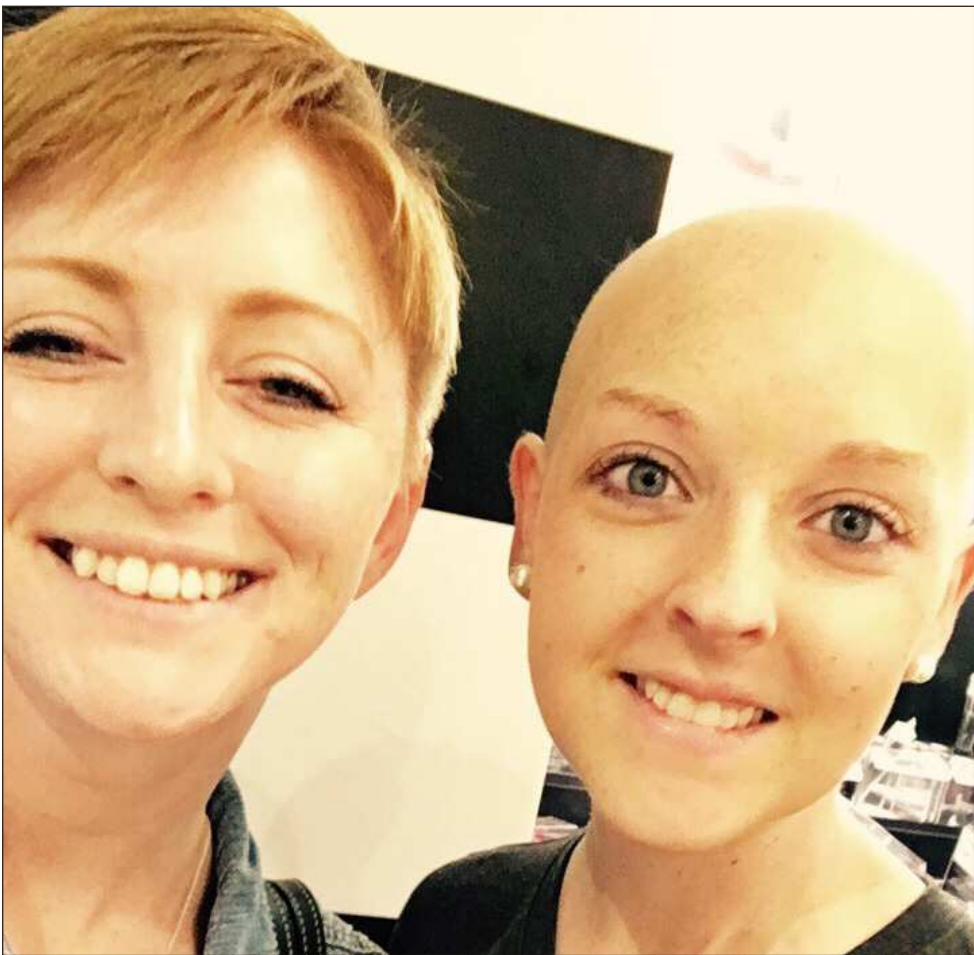


PHOTO COURTESY PO3 RAVEN THOMAS

Navy Petty Officer 3rd Class Raven Thomas received support from friend Petty Officer 2nd Class Sarah Lang during Thomas’ treatment for Stage 3 Burkitt leukemia at Walter Reed National Military Medical Center

See **CANCER**
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WRNMMC Chaplains Bless Animals

Photos by MC2 Kevin Cunningham
WRNMMC Command Communications

Walter Reed National Military Medical Center's Department of Pastoral Care hosted its traditional "Blessing of the Animals" Oct. 3 in front of the historic Tower on Naval Support Activity Bethesda. The annual blessing honors the feast of St. Francis of Assisi, patron saint of animals and the environment, and coincides with the conclusion of the Season of Creation. Animals assist in various rehabilitation, therapies and resiliency programs for beneficiaries and staff at WRNMMC. For more information about Department of Pastoral Care services at Walter Reed Bethesda, call 301-295-1510.



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TRANSITION

From
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for their “continued loyalty and patience when things don’t go perfectly.” She encouraged patients and staff to share their thoughts via comment cards, which can be found at the registers in Café 8901.

Barnes, who supports Cisco as the deputy chief of food operations for the NSD, highlighted the multifaceted nature of the department, explaining that it provides nutritious meals for a multitude of departments while also remaining active in research and education.

Khan elaborated that this multifaceted nature of the NSD helps to accomplish the department’s goals, saying, “As America shifts from sick care to prevention, it is imperative that individuals realize so much of our health is dependent on our daily interaction with our environment and choices we make. NSD is uniquely positioned to fill many roles in supporting that shift from education and meal prep to care and our role in promoting healthy food intake and activity.”

For more information regarding the Nutrition Services Department, visit the department’s webpage on the WRNMMC website, www.wrnmmc.camfed.mil.

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USNS Comfort Responds to Second Hospital Generator Failure in Puerto Rico

By Lt. j.g. Samuel Boyle
www.navy.mil

The Mercy-class Military Sealift Command hospital ship USNS Comfort (T-AH 20), underway near the coast of the Arecibo-Manati region of Puerto Rico, received four critical patients from Hospital Menonita in Caguas, Puerto Rico, after its generator failed, Oct. 6.

"We are a mobile platform that can respond to the greatest area of need or act as a strut to help the Puerto Rican health system," said Capt. Kevin Buckley, commanding officer of the medical treatment facility onboard Comfort. "We are engaged and determined to relieve human suffering."

The hospital ship was able to respond by coordinating with U.S. Health and Human Services and the Puerto Rico Department of Health, who engaged in a Medical Summit onboard Comfort immediately upon the ship's arrival in Puerto Rico.

"The formation of a Medical Operations Center within the Joint Forces Land

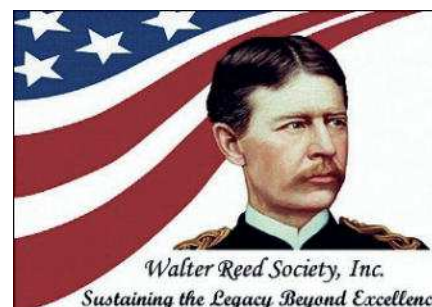
Component Commander (JFLCC) Joint Operations Center was determined as a critical need during the planning sessions," said Capt. Kevin Robinson, mission commander aboard Comfort. "Today, this streamlined the flow of ordering Comfort to respond to a critical need to relieve pressure on the Puerto Rican medical community."

Patients were medevaced by the amphibious assault ship USS Wasp (LHD 1) and USNS Comfort's detachments of Helicopter Sea Combat Squadron (HSC) 22, the "Sea Knights".

"The teamwork of Puerto Rico Department of Health, U.S. Health and Human Services, the JFLCC, USS Wasp, and Comfort led to the successful medevac of four critically-ill patients for further medical treatment. The ship's crew, the medical treatment facility and the liaison officers from Puerto Rico Department of Health and U.S. Health and Human Services exemplified the spirit of Americans in times of crises. I couldn't be more proud of the opportunity to work with these individuals," Robinson said.

Walter Reed Society

Assisting the Wounded, Ill, or Injured Service Members and their Families



The Walter Reed Society is an all-volunteer 501C-3 charitable organization. Its **mission** is to provide financial or direct assistance to service members being treated at Walter Reed National Military Medical Center and their families in response to their unmet needs during their care at Walter Reed.

In cooperation with the Medical Center, the Society also provides assistance with treatment, education, research activities, travel and lodging, and hospital staff support. Since the Walter Reed Society's inception in 1996, the Medical Center and hundreds of service members and their families have received over \$2.2 million in assistance.

Membership in the Society is open to all - officers, enlisted, active duty, retired, Reserve, National Guard, civilians, patients, family members, volunteers, and friends of Walter Reed.

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For membership application or donation information, please contact Debra Washington at walterreedsociety@verizon.net or call (301) 571-1580.

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CANCER

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world,” Thomas continued. “They have been so personable and dedicated to me and my family and made us feel like more than patients. I have been so blessed in my journey through the last six months and I wouldn’t change what happened. This is a new chapter in my book of life and it has shaped me into the person I am today.”

According to the National Institutes of Health’s National Cancer Institute, approximately 70,000 young people, ages 15-39 are diagnosed with cancer in the United States, accounting for about 5 percent of cancer diagnoses in the United States. This is about six times the number of cancers diagnosed in children ages 0-14.

“Young adults are more likely than either younger children or older adults to be diagnosed with certain cancers, such as Hodgkin lymphoma, melanoma, testicular cancer, thyroid cancer and sarcomas. However, the incidence of specific cancer types varies according to age. Leukemia, lymphoma, testicular cancer, and thyroid cancer are the most common cancers among 15-24-year-olds. Among 25-39-year-olds, breast cancer and melanoma are the most common. Cancer is the leading cause of disease-related death in the adolescent and young adult (AYA) population. Among AYAs, only accidents, suicide, and homicide claimed more lives than cancer in 2011.

Stacey Springer, a licensed clinical social worker at WRNMMC who provides individual and family supportive counseling for children, adolescent and young adults as well as their family members who have been diagnosed with a childhood type of cancer, pointed out that September is annual observed as Childhood Cancer Awareness Month.

“The word cancer in the past almost was certain death. Today, survivorship begins at diagnosis and continues through and beyond treatment. Survivorship infiltrates every aspect of your life after diagnosis. We now know the importance of the ‘whole person,’ not just a medical disease. Survivorship addresses the emotional, social, educational and spiritual being. Siblings can’t be forgotten either. Patient-family centered care is the standard of care excellence,” explained Springer, who also provides patient and parent education regarding advanced care planning, which addresses advanced directives, guardianship and power of attorney.

Springer added only 4 percent of all cancer funding is earmarked for childhood cancer research, and in the past 20 years, only three new pediatric cancer specific drugs have been developed. “Childhood cancer drugs aren’t very profitable for pharmaceutical companies,” she quoted one foundation focused on improving childhood cancer treatment as stating.

In working with WRNMMC patients and their families facing challenges, Springer stated a


rewarding aspect of her job is, “Being able to be taught by the kids and their families about their cancer. I am allowed into their private worlds where they teach me about what is important and how to be very courageous. I am honored to be given this privilege.

“I believe that if a child can maintain being a child and be kept in a routine, they tend to do much better in regard to coping and adaptive behaviors,” Springer added in regards to a child diagnosed with cancer. “They have told me as long as they can do the things that they did before, like playing baseball or go to the mall, it wasn’t too bad. They have said, ‘I don’t like having to answer a lot of questions about my cancer.’ It’s also important [they] be with their friends because it gives them a sense of normalcy that their cancer does not.”

Springer said parents with children diagnosed with cancer should be receptive to help and education. “They should do a lot of research and educate themselves on resources, what their support team is and allow their community to help, such as mowing the lawn, getting a sibling off the school bus, making meals, gas cards [and other assistance].”

For more information about individual and family supportive services for children, adolescent and young adults as well as their family members who have been diagnosed with a childhood type of cancer at WRNMMC, contact Stacey Springer at 301-319-7943 or Stacey.a.springer.civ@mail.mil.

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| 10/13 | 7 pm | Dive In Movie Night: Indoor Pool-bldg.17
Family friendly movie night with the SMURFS: The Lost Village. Bring your swim gear, floats and towel! FREE- Open to eligible patrons and their guests. |
| 10/20 | 11 am-2 pm | Portuguese Luncheon: Warrior Café |
| 10/21 | 9:30 am -11 am | Great Pumpkin Race 
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| 10/24 | 11:30am-12:30 pm | Cell Phone Photo Class
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| 10/25 | 5-7 pm | Felt Flower DIY Wreath Class
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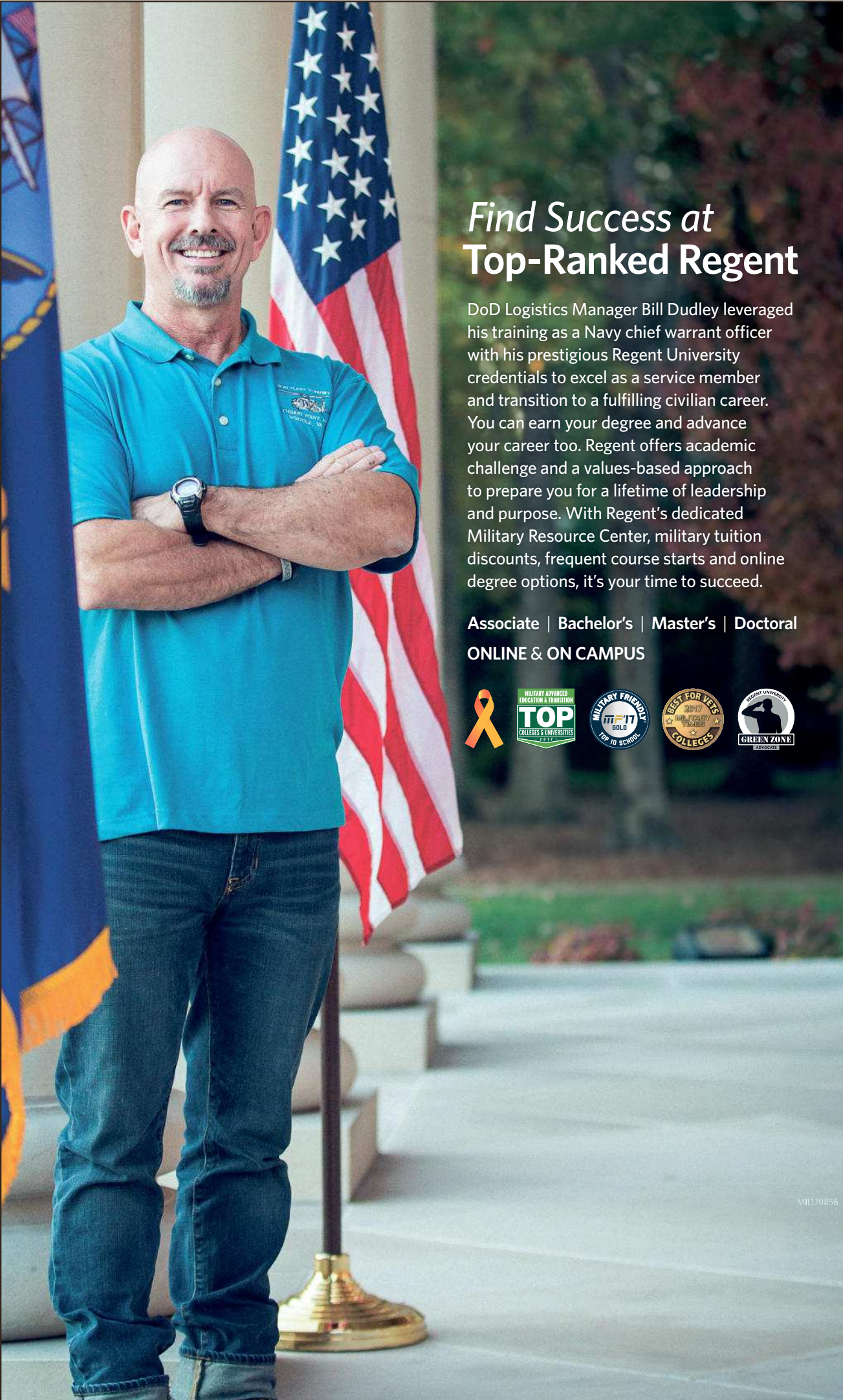


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